

## **Glycemic Index Food List (high [ $>70$ ]; med [55-70]; low [ $<55$ ])**

<b>Breads, Grains and Pasta</b>	<b>Fruits</b>	<b>Snacks</b>	<b>Cereals</b>
baguette-95	dates,dried-103	rice cakes -82	Rice Krispies-82
rice pasta,brown-92	watermelon-72	pretzels- 81	Grapenut flakes- 80
instant rice-91	pineapple-66	jelly beans-80	Cornflakes-77
kaiser roll - 73	raisins-64	waffles- 76	Weetabix-77
bagel -72	apricots -57	doughnut- 76	Total -76
white bread -70	mangoes-56	soda crackers - 74	Puffed wheat-74
wholemeal bread -69	fruit cocktail-55	corn chips -72	Cheerios-74
rye flour bread 64	banana -53	mars bars-68	Shredded Wheat -69
macaroni cheese-64	kiwi fruit- 53	ryvita -67	Oatmeal-61
hamburger bun- 61	grapes- 52	wheat crackers -67	Mini Wheats (wholemeal)-57
pita bread-57	canned peach- 47	rye crisp bread -63	Museli-56
white rice -56	orange -43	power bar -57	Oatbran-55
brown rice- 55	peaches-42	popcorn -55	Porridge, non instant-49
sourdough bread - 52	plums-39	oatmeal cookies-55	All Bran-42
linguine-50	pear -36	*potato chips/crisps-54	Kashi cereals 40
multigrain bread- 48	apple -36	*chocolate -49	
converted rice -47	dried apricots- 30	banana cake-47	
bulgur-48	grapefruit-25	peanuts-14	
macaroni-45	cherries-22		
spaghetti, white -41			
ravioli, meat filled-39			
spaghetti, whole wheat-37			
spaghetti, protein enriched-27			
barley - 25			
quinoa - 39			
<b>Cakes/biscuits</b>	<b>Potatoes, root crop</b>	<b>Vegetables</b>	<b>Legumes</b>
Rice cakes-82	parsnips 97	sweet corn- 55	Baked Beans-48
Wafer biscuits 77	**baked potatoes-83	green peas-48	Chickpean,tinned-42
Doughnut -76	instant potatoes- 83	carrots,cooked-39	Haricot Beans-38
Waffles-76	chips- 75	green beans-15	Chick peas-33
Ryvita -67	mashed potatoes- 73	peppers-15	Butter beans-31
Croissant -67	beetroot-64	spinach -15	Lentils-29
Shortbread -64	new potatoes- 57	tomatoes- 15	Kidney Beans-27
Muffin (unsweetened)-62	boiled potatoes- 56	artichoke -15	Soy Beans-18
Danish pastry -59	sweet potatoes-54	asparagus-15	
	yam-51	broccoli-15	
		cauliflower-15	
		celery -15	
		cucumber -15	
		lettuce -15	

Dairy	Sugars	Beverages	
*Ice cream-61	Maltose-105	Gatorade-78	
*Ice cream (low fat) 50	Glucose-100	Soft drinks,fanta-68	
Milk, semi-skimmed-34	Honey-73	Colas-65	
Chocolate milk- 34	Sucrose-65	Orange juice-57	
Fruit yogurt, low fat-33	Table sugar-65	Grapefruit juice-48	
Milk-Skim-32	Lactose-46	Pineapple juice -46	
Milk -Fat-free-32	Fructose-23	Apple Juice,unsweetened-41	
Soy Milk- 31		100% Pure, not from	
Milk, full fat -27		concentrate - 40	
Yogurt-low fat-14			

**NOTES:**

**Legend:**

\*high in empty calories

\*\*very nutritious, low cal

**NOTES:**

**Choose the right type of carbohydrates**

BY CHOOSING LOW GI FOODS, YOUR BLOOD SUGAR LEVELS ARE MAINTAINED WITHOUT UNNECESSARY PEAKS AND DROPS.

CHOOSE FOODS IN THIS LIST THAT ARE LESS THAN 55!

**How to make a high GI food a med-low GI food:**

1. add a protein source (fish, poultry, alternatives, dairy)
2. add vinegar, lemon juice (acid lowers the glycemic index)
3. add a low GI fruit or vegetable (see list)
4. add an unsaturated fat source (nuts, fish, flax seeds, omega-3 sources)

Contact your EWSNetwork Wellness Consultant for further information on choosing the right (Low Glycemic) carbohydrates for you OR e-mail EWSNetwork at [info@EWSNetwork.com](mailto:info@EWSNetwork.com).

